

WINTER RUNNING TIPS

WE WANT TO HELP KEEP YOU WARM AND MOTIVATED!



=PR=

POTOMAC RIVER RUNNING STORE

Arlington • Ashburn • Burke
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www.potomacriverrunning.com

**SLOW
DOWN**

THE SPEED WORK
CAN WAIT

BE SEEN

WEAR BRIGHT
REFLECTIVE
CLOTHING

**DRESS
IN LAYERS**

DRESS AS IF IT'S
15-20 DEGREES
WARMER

**RUN WITH
A BUDDY**

SAFETY IN
NUMBERS AND
ACCOUNTABILITY

HYDRATE

MORE CLOTHES
EQUALS
MORE SWEAT,
SO DRINK UP

**START INTO
THE WIND**

NOTHING BETTER THAN
FINISHING STRONG, LET
THE TAILWIND HELP

=PR=

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DON'T LET WINTER SLOW YOU DOWN HAVE FUN - PLAY IN THE SNOW